

# COVID-19

## Symptoms

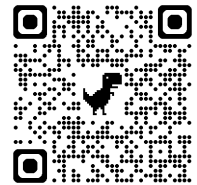
- Sore throat
- Nasal congestion or runny nose
- Cough
- Fever/chills
- Headache
- Muscle aches
- Fatigue

## Self-care

- **Stay home or in your dorm room** until you feel better and for at least 24 hours after your fever is gone.
- Have a friend get your meals for you or order to-go meals from Rowdy's On the Fly.
- Wear a facemask if you need to be in a common area or around people.
- Rest and drink plenty of fluids (such as water, broth, sports drinks) to keep from becoming dehydrated.
- Wash your hands, use hand sanitizer, and clean surfaces.
- Tylenol (acetaminophen) and/or Advil/Motrin (ibuprofen) can be used to help a fever, headache, and aches.

## When to Seek Medical Care

- Fever above 103 degrees that doesn't respond to medication.
- Difficulty breathing or shortness of breath.
- Pain or pressure in the chest or abdomen.
- Sudden dizziness or confusion.
- Symptoms that improve but then return with fever or a worse cough.



More info from MA DPH

## Other Tips

- Health Services does not provide sick/excuse notes for class. If you have COVID or other respiratory illness (cold, flu), contact your professor(s) before class to let them know you will be absent due to your illness.
- If you have been exposed to COVID, you do not need to quarantine or do a test unless you start to have symptoms.
- There is no separate isolation space on campus. Stay in your room or home/apartment if you have COVID.
- Health Services cannot provide campus-wide free tests. Tests are available for purchase at the River Hawk Shop, pharmacies, supermarkets, Walmart/Target, and can be ordered online. We STRONGLY encourage you to do your own COVID test if you develop cold/flu/COVID symptoms before calling Health Services for an appointment.

**The information presented here is not intended to be used for the diagnosis of a health problem or as a substitute for consulting a licensed medical professional.**

Contact Health Services if you have any additional questions, concerns, or to make an appointment.



*Learning with Purpose*

**The Wellness Center at University Crossing**

**Phone: 978-934-6800**

**<http://www.uml.edu/student-services/Wellness-Center>**